

How to Be a Hero in 3 Easy Steps.

Be ready for a disaster *before* it happens. A little planning makes a big difference.

Now is the perfect time. Talking things through can help create a sense of control and reduce stress.

2 Make a plan

Gather important information into one place and share it with your family. It will save precious time for when you need it most.

Make a kit

Start simply! Collect these nine essential items to help you shelter-in-place in the event of an emergency.



For yourself, your family, and your neighbors: make a plan to be safe. Learn more at **montgomerycountymd.gov**





Montgomery County Advanced Practice Center for Public Health Emergency Preparedness and Response